

## Abstract

There is provided a light comprising a body, a light source provided on the body, an attaching part extending from the body. The light also has a minus ion material formed on the body. The minus ion material is selected from the group consisting of tourmaline, activated charcoal, a mineral of rare earth metal, and a mineral of silicate. The body may be shaped into a cylinder having a front surface, a back surface, and a side surface extending between the front surface and the back surface. The light may further have a reflector formed on the front surface in a manner to surround the light source. The light also may have a clock provided on the body formed on the side surface of the body. The minus ion material of the present invention shields electromagnetic waves.